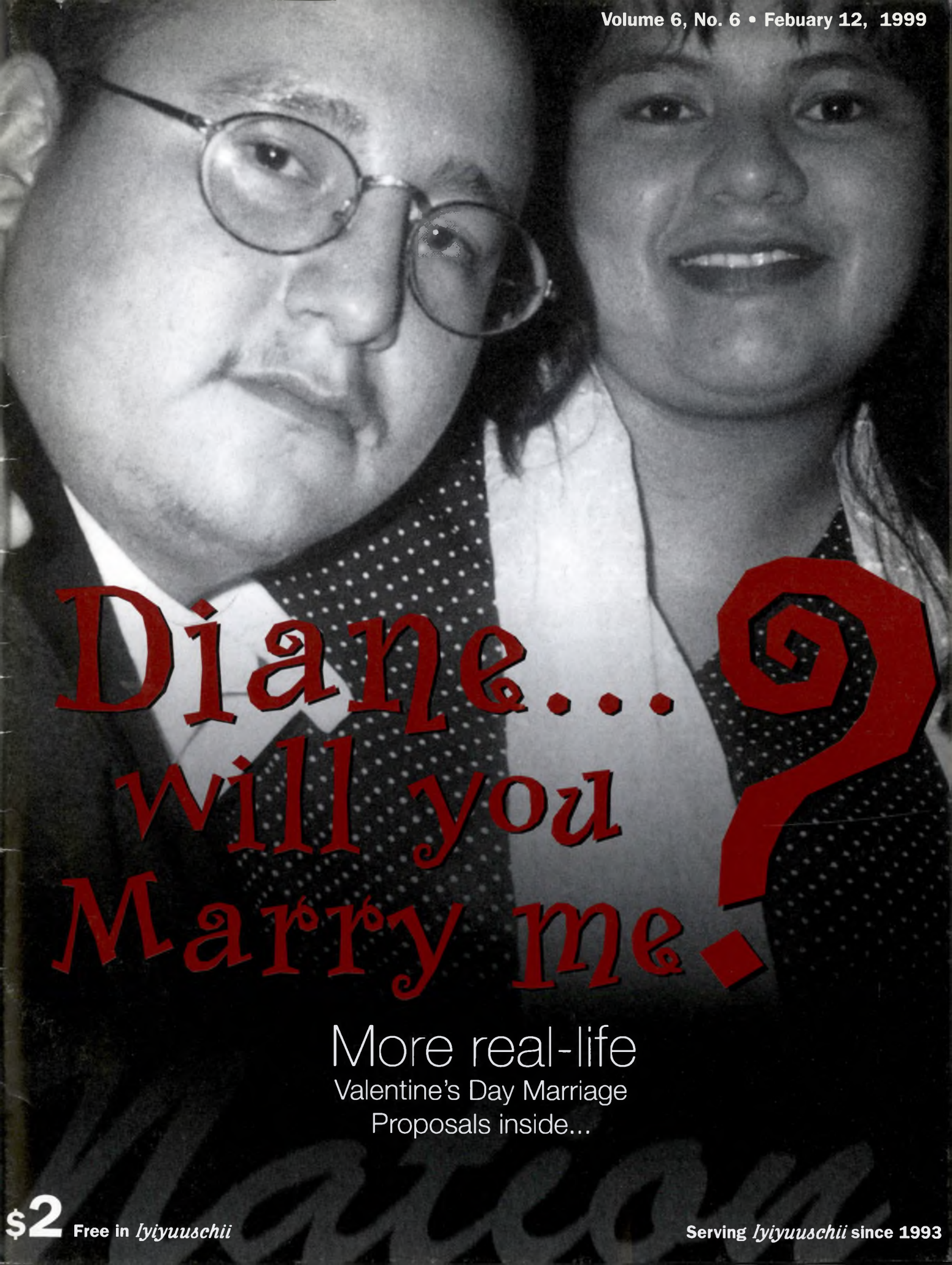
Volume 6, No. 6 • Febuary 12, 1999



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Cree Nation of Chisasibi

EDITORIAL

TIME FOR YOUR LOVED ONES



A lot of people complain about not enough quality time with loved ones. I think it's something that you have to work for like everything else in this world. Not getting more time to do things but doing things with your time. As I started looking into time management and how to effectively use my time to ensure I do the things I wanted to do, I came across the following. I don't know the author so I can't credit the person who wrote it, but it made me look at time in a new light. It offered an insight that was there before my eyes but somehow I had overlooked it. Perhaps I didn't take the time to notice it.

"Imagine there is a bank that credits your account each morning with $86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course!!!! Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the 'tomorrow.' You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today. To realize the value of ONE YEAR, ask a student who failed a grade. To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby. To realize the value of ONE WEEK, ask the editor of a weekly newspaper. (Ed. Note: In our case two weeks!) To realize the value of ONE HOUR, ask the lovers who are waiting to meet. To realize the value of ONE MINUTE, ask a person who missed the train or plane. To realize the value of ONE SECOND, ask a person who just avoided an accident. To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics. Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time with. And remember that time waits for no one. Yesterday is history. Tomorrow is mystery. Today is a gift. That's why it's called the present! Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their heart to us."

Just a thought to share with you on Valentine's Day. We'll let you know next issue if Jonathan's proposal is accepted. Well, we'll only tell if it's good news... All my best wishes to you all and your loved ones.

by William Nicholls

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THE COVER
JK on bended knee for Diane
Design: Sylvia Tennisco

rez notes

by Ndiamon



Indians don't make the news anywhere in this country unless they come screaming out of their isolated worlds masked, armed with automatic weapons threatening to steal headlines and slowing down traffic for thousands of commuters. Like a lot of things in this life, it's actually a blessing in disguise. At least for me. It gave me a chance to work on a film coming soon to a TV near you.

The film, Indian Posse, follows the lives of three Native families over five weeks in Winnipeg's gang-ridden North End and was inspired by reports of Native-on-Native gang violence from the wild, wild West. Directed by *The Nation*'s Katerina Cizek and Catherine Bainbridge through their company, Wildheart Productions, and shot by Moose Factory's Paul Rickard, the film has been two years in the making (the assistant director was yours truly).

The title comes from the name adopted by a gang of North End boys in the early '90s. Within a few years their membership has exploded and now numbers in the thousands. Their rivals — all gangs have rivals — who are fewer in number, call themselves The Deuce. The Deuce control downtown Winnipeg and are themselves controlled by another older and better organized gang with members in their late forties, the Manitoba Warriors. Their territory is spread out over most of the city. The gangs, of course, run the drug trade, prostitution, illegal weapons, extortion, break and enters, carjackings and the prisons.

The film's main characters are 19-year-old Trevor Sinclair, Paul Lacasse (Trevor's father) and Marie Kelly, a mother of six. Through them we catch a glimpse of how ordinary people cope with life in one of the largest, violent and poorest Native communities in Canada, the unofficial reserve in the heart of Winnipeg.

Trevor is a member of Indian Posse who is torn between his life of crime and violence in the gang and a quiet life with his girlfriend Leanne and two-month-old son, Trevor. Trevor has just been released from prison and now works, with several of his gang friends, for the Winnipeg Native Alliance, an organization committed to keeping kids away from gangs. Is he or isn't he in the gang?

Paul Lacasse is Trevor's father. They met only when Trevor was old enough to walk up to his long-lost father's door to introduce himself. He quickly made friends with his half-brother and were soon running with the Indian Posse. "They had guns, dope and money right here in my basement!" says Paul.

Paul and his wife Jane are fighting a losing battle over their boys with the gang. Will their youngest boy, Paul Jr., be the next to join?

Marie and Lang are struggling to make a life for their family and live in fear for their children. Young girl gangs roam the streets and swarm helpless passers-by for clothes, money and to build their reputations. Marie and Lang worry that easy money in prostitution and the gangs will lure their daughters away. Will their fears be realized?

That's what we asked ourselves on those five weeks in the North End while being chased by pimps and prostitutes and almost threatened by johns, gang members and the police. Ooohhh yes... the glamorous lives of filmmakers.

Wild Heart Productions are the people who brought you *Power Of The North*, Paul Rickard's *Ayouwin: Way of life* and the Gemini-nominated film *The Dead are Alive: Eyewitness in Rwanda*. *Indian Posse* debuts February 13 at 10 p.m. and again the following night at 8 p.m. on CBC Newsworld's documentary series *Rough Cuts*.

If you simply must watch Hockey Night in Canada, just tune in on Valentine's Day, Sunday the 14th at 4 p.m. for the repeat.

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Nation



TRAPPERS STRUGGLE WITH "HUMANE" TRAPS

Across the land, most Native trappers have heard the news. Canada has agreed to ban the leghold trap and is trying to get trappers to switch over to quick-kill traps because of pressure from Europe.

But can the new traps do the job? Will they have a big impact on the Cree way of life? And does Canada or Europe have the right to force Native people to change their way of life in the first place?

These questions are worrying many trappers in Cree traplines and across Canada. The Assembly of First Nations and Métis National Council are both up in arms about the changes (see sidebar).

They say Canada never consulted Native people about the negotiations conducted in Europe, and never asked trappers if they'd agree to change their traps.

The government says it didn't have a choice; there was a gun pointed at its head. Canada said if it didn't agree to the changes, European animal-rights activists were pushing for a complete ban on all fur imports from Canada, which would have hurt trappers even more.

Meanwhile, far away from Ottawa, many trappers in the bush are filled with uncertainty. The average full-time trapper with anywhere from 50 to 100 traps might be stuck with a bill in the thousands of dollars to replace them. That's because the quick-kill traps cost $25 to $30. (Leghold traps cost $8 or $9.)

So far, the government hasn't put aside any money to help with trap replacement. The Cree Trappers' Association is now negotiating for some government funds, but most of the other trappers in Canada don't have an association to represent them. They may not be as lucky.

Trappers also say the new traps have numerous problems, so many that some trappers believe they might have a big impact on the Cree way of life.

The quick-kill traps deliver a crushing blow to the animal, designed to kill in as little as 45 seconds. The Europeans agreed to drop plans for a ban on Canadian fur if such "humane" traps are adopted.

But many trappers say the blow is far too strong, so crushing it damages the meat. They also say the stronger mechanism makes it dangerous and hard to open, especially for Elders, women and kids.

One CTA local fur officer said the new traps are for "profit-hunters." "The quick-kill means you sledgehammer the meat. I kill beaver to eat. The skin is secondary."

He said the Conibear, the most common make of quick-kill traps, was "designed for the fur industry. They haven't thought of the meat. Would they use a Conibear to kill a cow? It would break the back. The beef industry would never go for it.

"With the leghold trap, you can set it with one hand. It's very simple. Even a 10-year-old can go trapping," he said.

"For the quick-kill traps, we would need an exercise program to strengthen the trappers and maybe give them energy drinks. You're going to need some muscular trappers out there. All the trappers who are pot-bellies will have to quit trapping. And the retirement age will be 35," he laughed.

by Alex Roslin

Alison Beal is one of the peo-

see p. 9, "Carrot trappers..."

LEGHOLD BAN VIOLATES NATIVE RIGHTS: AFN

How much do you love your leghold traps? Are you willing to be arrested for them?

If you're one of the many trappers who's still using a leghold trap, don't worry. The game wardens aren't coming for you. At least not yet.

Trappers have eight years to switch over to a quick-kill trap for most small game under Canada's 1997 Agreement on Human Trapping Standards.

Canada is expected to sign the agreement this summer. And then the eight-year count-down begins.

The penalty for using leghold traps will be decided in each province and territory.

Restraining traps will still be allowed for some game: wolves, coyotes, bobcat, lynx and fox. But the trap will have to tested to make sure it doesn't cause excessive injury, explained Alison Beal, executive director of the Fur Institute of Canada.

Bear isn't affected by the agreement. Still allowed will be snares, dead-falls and any traditional or "home-made" devices.

The Assembly of First Nations and Métis National Council are up in arms about the changes. They say Canada and Europe don't have the right to force Native people to change their traps.

"Harvesting and trapping are guaranteed in the treaties. They cannot interfere with the way you hunt and trap," said Alexandra McGregor, secretary to the AFN fur-harvesters' committee.

McGregor said the government is violating Aboriginal rights. She noted that the Supreme Court recently ruled in the Sioui case that the government "can't negotiate on our behalf."

Trapper Bob Stevenson, a Cree from Northern Alberta, says Canada is causing real hardship to Natives if it doesn't help fund trap replacement or trapper education.

It also gets under Stevenson's skin that Indian Affairs isn't helping Native trappers, but is handing several million dollars to a non-Native organization, the Fur Institute, to educate trappers. *-ALEX ROSLIN*

AFN and CTA clash, See page 9

A beautiful place

Letter to The Nation:

I really loved the small story entitled, "What are the stars?" It was a good change, after reading about politics, sad events, court cases and numerous other topics. We, the readers, get tired of reading about these things after a while.

I know they are informative, but we need to read about funny stuff once in a while too.

To get back to the small story... After reading about the writer's explanation of the stars, I felt so much better. I guess you're wondering why I say that.

It's because we lost our dad a few years ago and I was so much in grief over his passing on, that I could no longer pray to the Creator.

I put the blame on him for the death of my dad. I had to do a lot of soul searching to return to him again.

But with time the pain subsided and I could start to pray again... When my dad died I used to wonder where he went. Was he happy where he was? Will I ever get to see him again?

These were questions I would ask myself.

And if he was in heaven, It must surely be a beautiful place and we can see a glimpse of it every time we look up at the stars, even if it's only imaginary. I know now that he's happy where he is and it really warms my heart when I think about this...

So now I'd like to share with you a small story my sister told me... The children were watching a videotape about the life of Jesus. In this movie Jesus was playing with some children and the young child who was portraying Jesus was very cute and the children thought Jesus was still a young cute child like in the movie.

One of her grandsons said, "Oh! I can't wait to live up there in heaven, so I can play with him."

I laughed when she told me this story, but then I got to think how innocent and precious our children really are and we should do our very best to bring them up properly and care for them with all our love...

Anonymous







A LONG WALK FOR A GOOD CAUSE

February 1 marked the day that 15 youth and two guides set out on a two-month walk called "Journey Through the Heart of Eeyou/Eenou Estchee." The walkers will be traveling to each community starting from Whapmagoostui and ending in Mistissini.

Seeing the walkers off was Whapmagoostui Chief Matthew Mukash, Youth Grand Chief Ashley Iseroff and the Whapmagoostui community. These walkers will not only be walking for themselves over the next two months but for the health of others.

This will be a journey of healing of over 940 kilometres inspired by Jimmy Mianscum's walk last year. The walkers are hoping to raise $150,000 to buy a dialysis machine. Dialysis machines are used to clean the blood of people with severe kidney problems.

Mukash is impressed with the walkers and said the walk is a great project. "It brings back memories from the past for those who still live a traditional life on the land," he said.

He applauded the reasons for the walk, saying it was a traditional journey that was moving. "It's a trip of love, traditional values and generosity. They are doing this to help others out."

Mukash said his community feasted the walkers at the local cultural camp and walked with them across the Great Whale River.

As the two groups parted ways, one to travel 940 kilometres and the others to return home, Mukash remembers some people having tears in their eyes.

"This is something that really moved our community members."

Glenn Cooper, who works with the Cree Nation Youth Council, is helping to organize the journey project. He says most of the youth participants either know someone or have relatives who need the dialysis machine.

Presently, Crees with this type of health problem have to travel to Chisasibi, Montreal or Val d'Or for treatment.

The Youth Council believes this problem is very hard on familes, friends and loved ones both in time away and costs of traveling. The youth hope to see a machine located at the Chibougamau Hospital at the end of the two-month walk.

Cooper said Minnie Wapachee, the only female on the tour, has a father who needs the machine: "It's very personal for them."

Cooper told The Nation the youth have had the idea of a winter journey for a long time, but the cause helped push it through at long last.

Cooper said the Youth Council is setting up a foundation for those wishing to make donations. "From my home community we have raised $4,000 so far."

The youth feel they are carrying out traditional activities, while promoting personal healing and growth, continuing to promote the Cree language and maintaining communications between Elders and youth. "This is a trip that shows that the youth are concerned and are willing to carry out Cree traditions while working for a good cause," Cooper said.

by William Nicholls

SADIE'S WALK

The success of Sadie's Walk last year in raising diabetes awareness in the Cree communities has the Cree Health Board gearing up for this year already. Last year more than 10 per cent of the Cree population showed up to walk. The Health Board says its success was due to having all community groups show up.

"This year the walk will be even bigger," predicted Sarah Cowboy, Chisasibi's Community Health Representative.

Sadie's Walk is an annual event for First Nations across Canada. It is held in memory of deceased diabetes project worker Sadie Muik. After a logging truck hit her car on Good Friday in 1996, other project workers held a walk in her honour. Today it has become an annual event where First Nations participate in solidarity with all those people living with diabetes.

Chisasibi's Dr. Robert Harris says the Crees should be aware that they are at risk. Currently 800 Crees have been diagnosed with diabetes and the number is growing. "In my clinic I see a new one every week," said Harris. Studies say the actual number of people with diabetes is usually double the diagnosed cases. This means 800 more Crees could be walking around without realizing they have diabetes.

This is one of the reasons why the Diabetes Awareness and Action Network was created to help raise awareness of the Cree diabetes risks and what you can do about them. Harris said three things are important if you have diabetes: 1) you can control it through exercise, 2) good eating habits and nutrition are important and 3) control the stress in your life.

Cowboy agreed: "Let's start taking control of our own health. We can't always depend on doctors and nurses to tell us what to do." Cowboy said she's looking to see more people out at the walks this year. Cowboy said seeing so many people from all walks of life show up was great. "I was surprised and happy last year. I didn't expect so many people," she said. "This shows the traditional closeness is still out there in the Cree communities." Each of the nine eastern James Bay Cree communities will be walking at or around Good Friday, April 2.

-BY WILLIAM NICHOLLS

Calling all Smokers...

What Stage Are You At?

1• **I am not thinking** about quitting, certainly not in the next six months.
2• **I'm thinking** about quitting someday, but not right now.
3• **I want to quit** within the next four weeks, and I want to know more about how to do it.
4• **I have just quit** and am having withdrawal symptoms.
5• **I have quit** smoking and I want to know more about staying that way.

STAGE TWO

I'M THINKING ABOUT QUITTING

This is Stage 2 along the road to quitting smoking. It will help you think about yourself as a smoker & help you to decide to stop. Eventually, you have to decide whether to quit or keep smoking. The goal is to move from **thinking** about quitting to being **ready** to quit. You'll get there the same way you make every important decision - talking to people who have been there, learning more about quitting, & thinking it through for **yourself.**

TO QUIT OR NOT TO QUIT

This is the hardest part - deciding to quit. You need to understand the **pros** - what you like about smoking, what you get out of it, & how important these things are to you. On the other hand, you need to think hard about the **cons** - the costs of smoking, & how important these are in your life.

SMOKING CAN HURT

Smoking Causes...

- twice the normal risk of heart attack & stroke (especially for women on the "Pill")
- more than 90% of lung cancers, chronic bronchitis, emphysema & 30% of all cancers
- decreased physical endurance
- health problems for children & other family members from your second-hand smoke
- bad colds & persistent cough
- wrinkles
- bad breath & stained teeth
- blocked circulation leading to impotence for men
- a higher risk of losing the baby for pregnant women
- more of a chance of having a low birth weight baby, sudden infant death & later developmental problems for your babies for pregnant women

BENEFITS OF QUITTING

Think about it...

- your loved ones will not be harmed by your smoke
- you will be in control - cigarettes will no longer control you
- your risk of cancer & heart disease will be reduced
- breathing will be easier & your smoker's cough will disappear
- physical activity will be easier & more enjoyable
- food will taste better, & things will smell better
- your breath will smell fresher
- your self-image & self-confidence will improve
- you'll be a healthier parent for your children, now & in the future
- your life insurance premiums will go down
- you'll have more money to spend on other things

If your pros of quitting outweigh your cons, **congratulations!** You have decided that quitting is better than smoking. Now you can take the next step - start making plans to quit.

If you have more cons than pros, you now know some of your reasons to quit smoking, & you know they are not strong enough - yet. Try to be more open to the evidence that smoking is dangerous. Above all, ***recognize that you do have what it takes to go one more step.***

TOBACCO ADDICTION AND TRADITION

Among many First Nations, tobacco is given to Elders to honor and thank them. It is used in ceremonies to show respect for the Creator. Daily consumption of cigarettes, as well as the marketing of tobacco, have very little to do with the sacred meaning of the tobacco plant.

Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Watch for more tips in the next issue of *The Nation*.



BAMBI SYNDROME...

continued from page 5

ple who are educating Canada's estimated 80,000 trappers about the changes (half of them are Native). Beal is the executive director of the Fur Institute of Canada, which is getting several million of dollars (she wouldn't say exactly how much) from the federal government to educate trappers and develop new "humane" traps.

Beal isn't too worried about the ban on leghold traps. "It's not much of a hardship for us," she said.

But many trappers don't seem to agree. One CTA officer said almost everyone in his community is still using leghold traps, including him. "I guess I'm used to using them."

He said the quick-kill traps are dangerous and "very heavy." Another problem is that the new traps have to be set in a different way for each animal. "If you set it for an otter, what if a small weasel goes in there? You'll break it in half."

He also said trappers need better information about the changes. "I don't know much about it. We're in the dark, as usual."

Another CTA fur officer said younger trappers are switching over in his community because "they don't have a choice," but Elders are sticking with their leghold traps. "A lot of older people can't open it (the new trap) because it's too strong for them."

He said the new traps' heavier weight means a trapper may be able to carry only two or three at a time, instead of five or six leghold traps.

Another complaint is that the quick-kill trap leaves the animal dead until the trapper returns to check on it. By that time, the animal could be eaten by birds or other animals, a tremendous waste in the eyes of most trappers bordering on sacrilege. With leghold traps, the animal can defend itself until the trapper comes.

Still another problem is that the quick-kill trap catches the animal around its whole body, not just the leg. If it's cold, the trap will freeze around the animal and can't be freed, which means both trap and animal have to be carried all the way back to camp to be separated. If the trapper has set many traps, this could mean a big load.

Many trappers leave dozens of traps hung in trees all across their traplines ready for use. The traps are usually not brought back to the camp, let alone into town to be turned over to the authorities.

One of the CTA officers predicted that many trappers will never turn in their leghold traps, even if it means breaking the law. That's because the older traps have a great sentimental value and were passed down through the generations.

He said animal-rights activists won't be happy until Crees are eating only "potatoes and carrots."

He said animal-rights activists have a "Bambi syndrome" and don't understand the Native way of life. "Us Natives are the only people who have respect for wildlife. If you take us out of the bush, you're giving the world to the plunderers," he said.

"The animal-rights activists think animals have no responsibility. But to me, the animals are my friends. The greatest thing a friend can do for me is die for me. They have a big responsibility in this world. So we can survive."

AFN AND CTA CROSS SWORDS

Bob Stevenson is one angry trapper. He thinks the Crees "sold out" Aboriginal rights, and especially points a finger at the Cree Trappers' Association.

The CTA played a big role in Canada's fight against the European fur ban. Many believe Cree and Inuit lobbying was actually the main reason Europe backed down from a complete ban.

But Stevenson, who represents trappers for both the Assembly of First Nations and Métis National Council, said the CTA and other Natives allowed themselves to be used by the Canadian government and fur industry in Europe.

The result of the negotiations is that Native trappers are now being forced to use quick-kill traps, which aren't very popular.

For their help, Stevenson said Natives got nothing in return except a slap upside the head. No guarantees the Native way of life won't be hurt. No help for trap replacement. No money for trapper education.

Stevenson said Cree trappers have the Income Security Program and James Bay Agreement to help them weather the storm. But he said the vast majority of Native trappers out there aren't so lucky.

Even in the Cree camp, some agree that Natives allowed themselves to be used. "Aboriginal people were the poster boys," one Cree official said. "We didn't see any fur farmers making emotional appeals at the European Parliament. It was always Aboriginal people."

Were Crees used? We asked CTA president Edward Gilpin. "Oh yes, I do believe that. But that's business," he replied, adding, "But if Natives get together, we would have less chance of being used." For example, he called on Stevenson to "get off the high horse of pointing fingers."

Gilpin did criticize Canada for not consulting Natives in the negotiations with Europe. But he added that Canada did have a gun to its head. "Considering the facts, they had to do something. If they had killed the fur demand, that would have been more devastating than gradually making the switch from leghold traps."

-ALEX ROSLIN

NEXT ISSUE: More views on the ban.

We have a winner

A weekend Getaway

Roses are red, Violets are blue, We have a winner for you. Thank you to all who entered our Valentine's Getaway Weekend Contest. Congratulations to the author of "Young Love." Please get in touch with our office, to make arrangements for your Getaway. Thank you to Air Creebec and Hotel du Fort of Montreal for their generousity in sponsoring the Getaway. We are including some of the runners up in the following pages.

- The cover of this Valentine's issue features Jonathan Kitchen proposing to his love Diane. Congratulations you two. Let us know how it goes.

Young Love

As long as I can remember I dreamed and searched for a girl who would be my one true love. I have dated many times never really feeling fulfilled. Then it happened one evening in a crowded room. She caught my eye at a glance and I knew I had to meet her.

I knew in my heart just by looking at her that she was the one. Don't ask me how I know this, but a man just knows this type of thing! My fears caught wind and I could not manage my self-confidence to go and talk to her.

I saw her many times after that evening. But somehow, someway she came into my circle of friends and I thought this would be my opportunity to get to know her a little better. One evening I had my chance to introduce myself and I blew it! I tried to talk to her and I blew it! She hated me already before I even got to know her! I was devastated. Here standing in front of me was the girl I had been searching for and she snubbed me!! Well, I thought, this is going to be a lot harder than I thought!

A couple of weeks passed until it happened one day while I was going home on the city transit. I saw her sitting alone as I boarded the bus. I sat down, then suddenly she came up to me and sat down beside me and introduced herself. I was overwhelmed but I managed to keep my cool. I knew this was finally my big opportunity to ask her out on a date. So I did ask her and she agreed... to a double date! We exchanged phone numbers, our date went well and we had a great time together. We became good friends after that. Each time we spoke to each other we both knew that we were meant to be together. From that moment on I pledged my love and devotion to her promising that I would never let her go!

We have been together for seven years. Within that time we have grown and matured together. We have had the best of times and the worst of times. But our love and devotion to one another has been our greatest strength. Cindy, you captured my heart at a glance and entrapped my soul within your love. I know that this has been a long time coming and we have been discussing this for years. Now I feel that the time is right. Cindy, will you marry me?

Author: ?

Runners up

Dad's story
by Margaret Sealhunter (Chisasibi)

My dad told me this story:

"One day I was on my way with my father to a camp further north to a small trading post to sell our furs and get some provisions that we badly needed. On the way we stopped to rest at one of the camps along the coast. As I tied up our dogs, I noticed someone coming up the lane. She was carrying a pail of water. As she walked by she turned her head towards me. As she did so she pulled aside her kerchief from her face so she could see better. She smiled at me and I smiled back. I knew at that moment that I was going to make her my wife someday. My dream came true eight years later when she became my wife and the first thing I bought for her was a beautiful floral design kerchief, because I remembered her kerchief the first time I saw her. It was a square piece of white cloth from a flour bag... And this young girl was your mother."

My parents were married for 58 years before my dad passed away four years ago. My mom was nine years old when she first met my dad, who was 16... Theirs was a match made in heaven. And I always thought that they must have been chosen by heaven above, so that others would know the true meaning of "Love."

In memory of Elmer
by Nina Diamond (Waskaganish)

Oh my! Valentine's Day!

What a memorable day that is!
My name is Thelma, I'm 94 years old and when
Valentine's Day comes around the corner, my eyes
water up with tears, some of joy, some of sadness.

On this day every year I have a moment of Solitude
with my "Rose." I purchase a rose, put it beside
Elmer's picture and talk to him about that last day
we set eyes on each other. Only God knows
where my Elder is but I hold in my hands the
Dog Tags sent to me by the Army in 1943
(the 42nd Brigade).

"Let me share this with you"

I met Elmer in 1941 in Germany, I was a nurse.
Things had gotten so out of hand during the war.
And I was to depart that evening for England.
Our love was so pure and strong and selfish for
each other we were not.

Cont'd on page 16

Valentine's

The Nine types of ...



Boyfriends



Joe Sensitive - "After I wash the dishes, let's cuddle, OK?"
Also known as: Mr. Nice Guy, Family man, Honey, Darling, Soft-boiled Egg, Snugglepup
Advantages: Well-behaved; irons own shirts
Disadvantages: Irritatingly compassionate, wimpy

Old Man Grumpus - "People are stupid. The world can go to hell. Let's stay home and watch TV."
Also known as: Grumbles, Sour puss, Stick-in-the-mud, Old Fogey, Slow Mover, Jerk
Advantages: Stays put; predictable
Disadvantages: Royal pain in the ass



Flinchy - "I--I'm sorry for whatever it was I did."
Also known as: Trembly, Creampuff, Hey you
Advantages: Jumps entertainingly when startled
Disadvantages: Easily spooked; surrenders without a struggle



Bigfoot - "Shut yer trap, I'm thinkin'."
Also known as: Chunk-style, Lummox, Ignoramus, Galoot, the Hulk, Big 'n' Dumb
Advantages: Can tote bales; is easily fooled
Disadvantages: Can break you in half, sweats like a pig



Lazybones - "Zzzzzz"
Also known as: Lucky Dog, Parasite, Bum, Sponge, Snoozebucket, Drug Addict
Advantages: Well rested; easy target
Disadvantages: Unlikely to fulfull your dreams



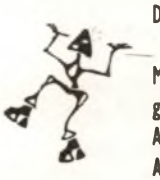
The Sneak - "Who, me?"
Also known as: Love Pirate, Snake, Rat, Slime, G-D Son of a Bitch
Advantages: May feel pangs of guilt
Disadvantages: May be having time of his life

Ace of Hearts - "After I wash the dishes let's make love like crazed weasels, OK?"
Also known as: The Sizzler, Handyman, Dreamboat, Casanova, Monster
Advantages: Perpetually aroused
Disadvantages: Perpetually aroused



The Dreamer - "Someday I'm going to be rich and famous. I don't know how, but--"
Also known as: Struggling Artist, Philosopher, Buffoon, Bag of Wind
Advantages: Tells good stories
Disadvantages: Will turn into "Old Man Grumpus"

Mr. Right - "While the servants wash the dishes, let's make love like crazed weasels in my new yacht, ok?"
Also known as: Mr. Perfect, Jim Dandy
Advantages: Answer to a woman's prayer
Disadvantages: Hunted to extinction



girlfriends

Ms. Nice Guy - "Tickets to the boxing match? Oh, darling, you shouldn't have!"
Also known as: Whattagal, Precious, one of the boys, My Main Squeeze, Doormat
Advantages: Cheerful, agreeable, kindly
Disadvantages: May wise up someday

Old Yeller - "You G-D spineless good-for-nothing drag-ass no-talent son of a bitch! Can't you see you're making me miserable??"
Also known as: She-Devil, Sourpuss, the Nag, My Old Lady, Warthog from Hell
Advantages: Pays attention to you
Disadvantages: Screeches, throws frying pans

Sickly - "Oh, my head. My head. My feet. My cramps. My cellulite."
Also known as: Whiner, Mewler, Grumpy
Advantages: Predictable
Disadvantages: Contagious

The Bosser - "Stand up straight. Put on a different tie. Get a haircut. Change your job. Make some money. Don't give me that look."
Also known as: Whipcracker, The Sarge, Ms. Know-it-all, Ball and Chain, Yes Mom
Advantages: Often right
Disadvantages: Often right, but so what?

Ms. Vaguely Dissatisfied - "I just can't decide. Should I switch my career, goals, home, and hair color?"
Also known as: The Fretter, Worrywart, Typical, Aw C'mon Honey
Advantages: Easily soothed
Disadvantages: Even more easily perturbed

Wild Woman out of Control - "I've got an idea. Lez get drunk an' make love onna front lawn. I done it before. S'fun."
Also known as: Fast Girl, Freewheeler, Goodtime Charleena, Passed Out
Advantages: More fun than a barrel of monkeys
Disadvantages: Unreliable; drives off cliffs

Huffy - "I see nothing humorous in those silly cartoons you keep snickering at."
Also known as: No Fun, Humorless Prig, Cold fish, Chilly Proposition, Iceberg, Snarly
Advantages: Your friends will feel sorry for you
Disadvantages: You will have no friends

Woman from Mars - "I believe this interpretive dance will explain how I feel about our relationship."
Also known as: The Babbler, Spooky Girl, Screwball, Loony, Bad News, Artistic
Advantages: Entertaining, unfathomable
Disadvantages: Will read her poetry aloud

Ms. Dreamgirl - "I am utterly content with you just the way you are, my handsome genius of a boyfriend. I think we must make love like crazed weasels now!"
Also known as: Ms. Right, Goddess, Knockout, Perfection, Gorgeous
Advantages: Funny, intelligent, uninhibited
Disadvantages: Will have nothing to do with you

QUIZ: With all your heart?

...or does jealousy drive you apart?



1. You're walking arm-in-arm with your guy/gal when he/she bumps into his old flame, a Julia Roberts/Leonardo look-alike. They embrace and introductions follow. You feel:

a) Fine. That was then, this is now.

b) Momentarily miserable, but the feeling passes.

c) Faint/freak. Now you're sure he/she never got over him/her.

d) Threatened. If this is what she/he wants, what's he/she doing with you?

2. You happen to find some old love letters in his/her desk drawer while searching for postage stamps. You can't help but glance through them, but then you:

a) Put them right back and forget about them.

b) Feel annoyed, but remember you still have some romantic souvenirs from bygone days.

c) Confront him/her with letters in hand, and ask why he/she saved the scented stationery.

d) Burn the suckers. The real test is if he/she notices they're missing.

3. He/she's away on business, and promises to give you a buzz at 9 P.M. You wait by the phone, but other than your mother, no one calls. You assume:

a) Nothing untoward. You trust her/him utterly.

b) There was a late meeting.

c) He/she's out painting the town red.

d) He met a woman/man at the hotel bar and is now in his/her room.

4. If your mate cheated on you, the worst thing about it would be:

a) That the relationship had obviously been in trouble and you'd had no idea.

b) Imagining what your friends and neighbours might say.

c) Imagining someone else sharing his body and soul.

d) Knowing that you'd been fully justified in never trusting anybody.

5. Lately your man/woman has bought new underwear, showers constantly, is losing weight, works overtime, and has become either noticeably more or less amorous. You:

a) Think he's/she's going through a phase.

b) Ask him/her what's going on.

c) Check every pocket, date book, computer file, and drawer for solid evidence.

d) Give the walking papers.

6. You're at a party. Across the room you see your other half engaged in deep conversation with an attractive person; every now and then your loved one touches their elbow. What do you do?

a) Shrug it off and have a good time.

b) Indulge in some harmless flirting yourself with a man/woman standing nearby.

c) Keep a close eye on his/her every move.

d) Race over and claim your man/woman.

7. Your beau wants to try out for the lead in the community theater's production of Barefoot in the Park. There's lots of kissing and romancing in the play. You:

a) Encourage them to go for it. You'll be there cheering them on.

b) Remain neutral. It's a little uncomfortable, but you wouldn't want to sabotage their dreams.

c) Grin and bear it. But if they get the role, go to every single performance - just to be sure nothing happens after the curtain goes down.

d) Discourage them from auditioning, telling them they will make fools out of themselves.

8. How much do you know about your love's love life prior to you?

a) Nothing. The past is irrelevant to you; you're the present and future.

b) Whatever he/she wants to share.

c) Nothing. You don't want to hear anything - it would make you crazy.

d) Every last dirty detail. You really interrogated him/her.

9. Your guy/girl has someone special in his/her life they swear is just a friend. In fact, this person was there before you were on the scene. You:

a) Think it's a good sign that he/she can be friends with a woman/man.

b) Take it at face value. Maybe it's kosher.

c) Suspect there's some sexual attraction, so you insist on joining them whenever they're together.

d) Think it's a bag of bologna. There's no such thing as "just friends" between a man and a woman. One of you has to go.

10. When he/she says those three magical words, the first thought that pops into your head is:

a) I love you, too.

b) More than so and so?

c) Yeah, and who else?

d) You're just saying that because you're hiding something.

SEE RESULTS: Page 15

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the Nation

The Nation has a new ad sales representative. On Nov. 2 1998, Michael Ryan joined the staff of The Nation, bringing extensive experience in ad sales with him. He has worked for a number of publications including The Link, The Concordia Student Yearbook, and the program for Divers/Cité, Montreal's gay and lesbian pride festival.

As the former head of the Montreal branch of the Leonard Peltier Defense Committee and a participant in the Human Rights Watch in Kahnawake during the years following the so-called Oka crisis, Michael brings with him an experience with Native communities in Canada.

An avid reader and a supporter of The Nation since its inception, he has contributed the occasional book review.



Everyone at The Nation belatedly, but no less warmly, welcomes Michael to our team (he had just shaved his beard of 24 years, and we wanted a picture of the 'new Michael'). We wish him great success in his new position, and hope that we will enjoy his efforts for many, many years.

Nation At long last!

The 1998-1999 James Bay Cree Telephone Books have arrived!

After corrupted files, lost records, ice storms, tornadoes, evil spells and God knows what else, ***the James Bay Cree Telephone Book is on its way to James Bay!***

Starting the week of February 15th, the telephone books will be distributed from Rental Housing of each community. Quantities are limited, so please pick up your telephone book as soon as possible. We also ask that you take only one book per household; that way everyone can have a book.

Thanks for your patience and understanding during this long wait.

And please, when calling or visiting businesses that have advertised in the telephone book, tell them you saw their ad in the James Bay Cree telephone book! The money from their advertising allows us to distribute the books to everyone free of charge.

If your listing is missing and you would like to have it included in next year's book, please send your name, address and telephone number and mention that it is for the James Bay Cree Telephone book for the year 2000.

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Results from page 12 quiz: a) 1 point, b) 2 points, c) 3 points, d) 4 points.

10-14 points, Queen of Denial

You trust your mate totally, which isn't always the smartest route. "With this attitude, your relationship exists in a bubble," says Vermont psychologist Carolyn Fish. "If the bubble bursts, you're lost." Continue to be trusting - it's a great quality - but stay awake to potential signs of trouble.

15-23 points, Dragon Tamer

You understand that anyone is capable of infidelity, but if a relationship is strong it can withstand temptation. And if your mate did stray, depending on the circumstances, you would be willing to communicate and seek counseling. "A couple who gets this score shares the desire for their relationship to survive as well the skills to make it happen," says Vermont psychologist Carolyn Fish.

24-32 points, Always on Guard

A certain amount of jealousy can be arousing. But you expect the worst from your partner. Actually, you're looking for it. Vermont psychologist Carolyn Fish warns, "Don't get stuck in the game of self-fulfilling prophecy." Give each other space to breathe and they'll want to be by your side. Cramp him/her and he/she'll run for the hills.

33-40 points, Wild With Jealousy

The slightest backward glance can set you off. You're ruled by uncontrollable reactions of suspicion and possessiveness. According to Vermont psychologist Carolyn Fish, "this is a person with low self-esteem who was probably hurt by past lovers." Still, it's no fun being green. Slay that dragon and set yourself free. It's the only way your relationship will survive.

This and other quizzes can be found at: http://homearts.com/depts/relat/87hwdyf1.htm

The Language of Love

Although love is universal, there is more than one way to say I love you. Foreign languages always sound sexy, especially on Valentines Day. Try to say them together - it's sure to be good for a laugh or two!

Language	Translation
Afrikaans	Ek het jou liefe
Alentejano (Portugal)	Gosto De Ti, Porra!
Algonquin	Kizagiik
Alsacien	Ich hoan dich gear
Arabic	Ana Ba-heb-bak
Bavarian	I mog di narrisch gern
Cambodian	Bon sro lanh oon
Cantonese	Ngo oi ney
Croatian	LJUBim te
Czech	Ja te miluju
Danish	Jeg elsker dig
Filipino	Mahal ka ta
Finnish	Mina" rakastan sinua
Flemish	Ik zie oe geerne
French	Je t'aime
Gaelic	Ta gra agam ort
German	Ich liebe Dich
Greek	s'ayapo
Greenlandic	Asavakit
Hawaiian	Aloha I'a Au Oe
Hebrew	Ani ohev otach (male to female)
Hindi	Main Tumse Prem Karta Hoon
Hopi	Nu' umi unangwa'ta
Hungarian	Szeretlek
Icelandic	Eg elska thig
Indonesian	Saya cinta padamu
Iranian	Mahn doostaht dohrahm
Irish	taim i' ngra leat
Italian	ti amo
Japanese	Kimi o ai shiteru
Kannada	Naanu Ninnanu Preethisuthene
Kiswahili	Nakupenda
Klingon	qabang
Klingon	qaparHa' (depends where in the galaxy you are)
Korean	No-rul sarang hae (man to woman in casual relation)
Kurdish	Ez te hezdikhem
Lao	Koi muk jao
Latin	Te amo
Latvian	Es milu tevi
Macedonian	SAKAM TE!
Mohawk	Konoronhkwa
Navajo	Ayor anosh'ni
Ndebele	Niyakutanda
Norwegian	Eg elskar deg
Op	Op Lopveop Yopuop
Persian	Tora dost daram
Pig Latin	Ie Ovele Ouye
Polish	Kocham Cie
Portuguese	Amo-te
Russian	Ya tebya liubliu
Scot Gaelic	Tha gra\dh agam ort
Shona	Ndinokuda
Sioux	Techihhila
Spanish	Te quiero
Swahili	Naku penda (followed by the person's name)
Swedish	Jag a"Iskar dig
Tahitian	Ua Here Vau Ia Oe
Thai	Phom Rak Khun
Turkish	Seni Seviyurum
Ukrainian	ja pokokhav tebe
Vietnamese	Toi yeu em
Vulcan	Wani ra yana ro aisha
Welsh	'Rwy'n dy garu di.
Yiddish	Ich libe dich
Yugoslavian	Ya te volim
Zulu	Ngiyakuthanda!

Taken from the website: http://www2.arkansas.net/~mom/hol2.html

You'll find lots of other interesting Valentine's Day stuff there.

And of course, in Cree: Ishchaachhiidin.

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Canada

Series 58 and 7 are available until March 1 wherever you bank or invest.

Cont'd from page 10

Elmer was a German soldier and I an American nurse.
That foggy evening all you could hear was bombs,
the smell of death in the air, as we looked in
each other's eyes, our gaze locked, our whispers and
promises yet to be fulfilled and neither of us
knew fate would "change" our Course.

The fragrance I always wore was "the smell of a Rose," he used
to whisper to me the purity of our love was like a "Rose."
As the train neared the platform, other nurses, women and children
rushed to board this last ride!
I clinged to Elmer hoping never to leave, but the child inside me had a chance
to live, and Elmer had a battle to attend.

Years went by, I was stationed in Amsterdam. Our son Peter was eight years old
when a small box arrived on "February 14, 1950." I knew this would be
special, my fingers felt numb and I opened its contents and there slipped out
(Elmer's Dog Tags).

I cried, and addressed Elmer you romantic fool
sending this on February 14, is it late!

Elmer's remains were never recovered, missing in action is what I'd been told
yet, I've never married, hoping this was an error of life and I'd see him again.

So today as I look out my large window it's February 14, I see young people
walking hand in hand.
I know this is their special day to cherish each other!

"I dedicate this to Elmer"

So dear Elmer of mine
your lips so divine
till death do us part
you'll always be my Valentine
your only "Rose" Thelma

And to my son Peter I say
sometimes fate misleads the way
but love has a barrier of pain
may you find your Valentine and hope she stays!

Mom!

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"You have nothing to lose but the willingness to humiliate yourself..."

By Thelma & Louise

Did you ever spot a certain someone you wanted to talk to, but did not know what to do? Have you ever felt tongue-tied and did not know what to say? Were you ever afraid of approaching someone because you were afraid of rejection...US TOO (LMAO)!

But we survived and you can too! We are going to share some secrets about how to overcome your fears, and take a risk.

You see, life does not come with guarantees. We often fear what we desire. But what chance have you got if you don't even take a chance to find out?

The Do's of Flirting...

1. Eye Contact: This is very important in establishing your interest. Hold it long enough to say: "Hello, I like you" in your head. Any longer and you'll creep them out! It should be light, playful and, most of all, respectful.

2. Smiling: Smile, Darn ya, smile...Keep it sincere, don't paste it on your face, it can become painful. Then proceed to introduce yourself by a simple handshake.

3. Personal Space: Talk in low tones, so that they must lean towards you in order to hear you. This is an invitation to share your personal space.. It will drive them crazy. But don't make physical contact right away.

4. Physical Contact: Make it light. A brush on the arm or hand. A breath on the face or ear as you lean over to talk. Don't start groping or breathing heavily, that is disgusting.

5. Flirting Props: Can be anything of interest such as: jewelry, interesting piece of clothing (no g-strings or thongs here) and tattoos (they always worked for us). Flirting props can start conversations, it makes you more accessible and fun to talk to.

> "...light, playful and, most of all, respectful."

The Don'ts of Flirting...

-don't brag about your past conquests or potential prospects, body parts or hunting skills (we don't care).

-don't talk about your personal problems (everyone has those, who needs more?).

-don't hit on anyone when completely intoxicated, or when acting like a bimbo (this is a major turn-off to say the least).

-don't use flattery that gets you no where: "You're so beautiful" does not work!

-don't use cheesy pick-up lines such as: "your condom or mine?", "Are you wearing a mirror, because I see myself in your pants" or this over-used cliche "do you have a cigarette?"

If rejection is what you fear, then fear no more. Don't take a chance, no one can reject you, because you have already rejected yourself. Want a life? Gotta get off your butt and do something about it...GOT IT!

A little charm, approachability and sincerity are essential to successful flirting.

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Employment and Economic Development



That James Bay and Northern Quebec Agreement sets out measures to help the Crees develop their communities and also to create jobs and economic opportunity in the communities. It also sets out measures to ensure the Crees a place in the development of the territory outside the communities. Quebec and Canada, working with the Crees, were to develop means whereby the Crees would have employment opportunities in mining, forestry, tourism and outfitting, and in hydro-electric development.

During the early years after the signing of the Agreement, Crees sought and found opportunities in their own communities, in local and regional government, the Cree Board of Health and Social Services, the Cree School Board and in other parts of the social service framework.

Cree businesses also created employment at the local and regional levels. Local construction, development, energy, transportation and tourism ventures and regional companies such as Servinor, Air Creebec, Cree Energy and Valpiro all serve as part of Cree development

It is now evident that these initiatives have not and will not meet the demand for Cree employment unless there is a major increase in their economic activity. With growing unemployment rates in the communities, in some cases of 40%, it is time to insist that the governments of Canada and Quebec meet their 1975 promises.

To date, Cree involvement in regional development has been largely through construction contracts related to large hydroelectric projects. This has given some people the impression that Cree employment in regional development is dependent upon Cree consent to the mega-destruction that goes with such projects. The reality however is that the Crees have not been brought into the long-term jobs in the maintenance of these projects. In respect to other types of development like forestry and mining, with the exception of the Troilus Project and the Nabakatuk Sawmill, the door has been closed to this sector. This is particularly true of non-Cree owned sawmills and forest operations.

In tourism the relationship between Cree and non-Cree initiatives in the territory has been characterized by competition and attempts to subsume Cree initiatives within a non-Cree organizational framework.

The question is, how do we now work toward mutual respect and recognition and open the door for Cree participation in all aspects of development over the whole territory? One thing is clear: it will require implementation of the 1975 Agreement. Where are the special programs for Cree employment? Where are the summer jobs and guidance programs for Crees students to familiarize them with available opportunities? Where are the special liaison structures that would make these industries more aware of the Cree needs and potentials? Where are the training programs to open the door through on-the-job training and similar initiatives? **Let's work together to break the Canadian tradition of poor and isolated reserves by going into the regional workforce!**

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GRAND COUNCIL OF THE CREES (EEYOU ASTCHEE)
GRAND CONSEIL DES CRIS (EEYOU ASTCHEE)

ᐱᔨᔨᐤ ᑕᐦᑭᒪᓂᐣ
CREE REGIONAL AUTHORITY
ADMINISTRATION RÉGIONALE CRIE

Alcohol and cold weather: a deadly mix

How our body responds to the cold when we are under the influence of alcohol

Fantasy: We see it in movies. **Fantasy No. 1**- A woman has been caught by an avalanche, she is freezing, and just as she is about to pass out, a great Saint Bernard arrives with a little barrel of cognac or whiskey hanging from its neck. The woman takes a drink and her life is saved.

Fantasy No. 2 - James Bond comes into a warm cabin, frozen to his bones, after having escaped Goldfinger's henchmen through an Arctic blizzard. A beautiful woman offers him a stiff drink of gin and tonic, "shaken, not stirred," and he suddenly recovers and starts off a romantic evening.

So what message is Hollywood sending us? That alcohol is not only safe in the extreme cold, but that in fact it will help us recover from a frozen state. If we believe that, we might as well dress in black and go fight the "Scum of the universe."

Fact: We see it in real-life: **Fact No. 1.** A young man comes to Chisasibi for a tournament in January. On the Saturday evening he starts drinking. Later on, he walks to his boarding home. He is so drunk that he stops for a little nap on a snow bank. A few hours later, a passer-by finds him and calls the ambulance. His fingers and toes are blue and swollen from frostbite. Later, the skin falls off, but despite all the bandages and medicines, the flesh turns black. He spends several weeks in hospital, enduring painful dressing changes. Finally, Dr. Mutch, the surgeon, reaches the conclusion we all feared. He is transferred to Val d'Or, where several of his fingers and toes are amputated, cut off.

Fact No. 2. The tragic episode of a young man from Waskaganish, who fell asleep and passed away in the snow. Reports say that he was under the influence of alcohol. Our prayers for him and our condolences for his family and friends.

Why this contradiction between fact and fantasy? It is probably because people have noticed that when they take some alcohol, their face and body feel warm. So people assumed that if they drank more alcohol, they would get even warmer. If they understood why alcohol produces this temporary feeling of warmth, they would realize that alcohol and cold don't mix.

Why does alcohol make us feel warm at first?

When alcohol enters the body it causes all the arteries and veins near the skin and scalp to open up. As a result, there is more blood going to the skin. This is why the skin gets a reddish tone when drinking. Blood is warm, so the skin warms up. Unfortunately, this is also the way the body loses heat. (Our skin also gets red when we're very hot and sweating). All this blood loses its heat as it comes close to the cold air around the skin. So even though the person feels warm, the body is losing massive amounts of heat. After a while, the central body temperature starts coming down, and then the drunk person feels cold. A drunken person will freeze a lot faster than a

Cont'd on page 20



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Cont'd from page 19

sober person, because they lose heat more quickly.

What other facts make it dangerous to be out in the cold while intoxicated with alcohol?

When alcohol first enters the body, the person feels lively and has a sense of well-being, as well as a smell of alcohol on the breath. As the level of alcohol increases in the body, the person becomes moody and irritable (this is when fights happen and there is the risk of being knocked out and left in the snow). Then people become emotional and start laughing or crying excessively. This is a sign that they have lost coordination. If they go out on their skidoo, they may feel like speeding down a hill, but may not have the coordination to stay on the trail. This leads to accidents, some of them fatal. The same applies to driving a road vehicle while intoxicated. As the level of alcohol in the blood goes even higher, people become quiet and withdrawn, their speech is slurred and they have trouble keeping their balance. This is the critical stage in which people can easily trip and fall, but will be unable to stand up and could pass out from the cold. They could also pass out from the high alcohol level in their blood, which is why walking around in the snow while still drinking from a can or bottle can be so dangerous. The body passes out to force the person to stop drinking. When someone passes out from alcohol, it is because the levels in the blood are dangerously high. This is also why we throw up when we drink too much. The body is trying to get rid of excess alcohol.

Now that we know the facts, we can tell Hollywood to quit misinforming us. But even in Hollywood, drinking has gone out of fashion. Thirty years ago, it was common to see scenes with funny drunks, and if people passed out in your party, it meant that it was a good party. Today, Hollywood realizes that a drunk person is not funny, and passing out in parties is just not cool anymore.

If you drink, do it with moderation, stop while you are still happy, designate a sober driver, stay with reliable friends. Some of us cannot stop drinking once we start, so maybe it is time to quit. Talk to one of the many who have been sober for years; they are the best to give you advice on how to quit.

BY DR. ROBERT HARRIS MD

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Dans ce texte, le masculin comprend aussi le féminin.

Girls and Hockey

Hockey is no longer a sport accessible to boys only. More girls are competing in our national sport and hockey associations are showing progress all across the province toward developing competitive leagues. In the Abitibi-Temiscamingue region, 13 girls' hockey clubs exist. Just remember last winter's silver medal won by Team Canada at the Nagano Olympic Games in Japan.

Now closer to us, Jewill Matoush, Helen Gunner and Tiffany Neeposh, Mistissini Cree girls, made it through training camp held in Matagami and got chosen for the Chrysler Cup Provincial Hockey Championship to be held this year in the Gaspe region from April 8 to 11. Congratulations girls! We are so proud of you and good luck in representing James Bay and the Abitibi region. Never know; you may come across some familiar Bears out there...

Eric Snowboy crowned best goalie

Eric Snowboy, Chisasibi goalie, playing for the Hull Olympics Bantam CC team, brought his team to win the championship during the last tournament in St-Jean-sur-Richelieu. Snowboy kept his team in the game up to the overtime score of 1-0!!! And he went on to receive a Game Star plus the Best Goalie Award in his category!!!

Midget and Pee-Wee International Tourny in Amos, Jan. 27-30

Watch out for Shawn Iserhoff and Jewill Matoush, playing for Le Dalot of Chibougamau, Pee-Wee BB. Not only did they perform pretty well during last weekend's international tournament in Amos, but before the finals, after round-robin games, Iserhoff was leading the top scoring list in his category. Unfortunately, this was not enough to advance to the finals! But hey! Keep it up Iserhoff... You still have a chance at the international pee-wee tournament in Quebec City next February 11 to 21, 1999.

In the Midget AAA Category, the Forestiers d'Amos defended their title and won for the second consecutive year against Kharkiv (Ukraine) in the closing final game, winning 6-5. The Ukrainians displayed all their feints to the pleasure of all Abitibi fans.

Following recent team changes when defenseman Kenny Moore was recalled by the Rouyn Huskies in the QMJHL, the Forestiers' forward Charly Washipabano was relocated to the blue line and went on to win the Best Defense Award in his category at the tournament! Story to follow... After round-robin games, Washipabano and Weistche took the 6th and 7th position in the leading scoring list, right behind Alexandr Zhigulin!

UHL All-Star Game: Blackned ignored again!!!

(From the Internet)

The "Cats" have three members heading to the 1999 UHL All-Star Game which will be played in Moline, Illinois, USA, in February. Noticeably absent from this year's lineup is Thunder Bay left-winger Brant Blackned. Blackned currently leads the league in goals scored with 31, and is eighth in league scoring with 52 points. After being left off last year's all-star roster, Blackned should have been named to this year's squad as compensation for such a travesty. To lead the league and still not be named is twice the travesty and should be investigated!!!

That's Hockey for now!!

BY DOLORES AUDET WASHIPABANO

CLASSIFIEDS

100-BIRTHS

Congratulations to Sonia Wylde and it Isaac swallow on the birth of their baby boy Bailey Evander Johnny Wylde Swallow. Born in Amos on February 1st 1999, 6:00 a.m., weighing 7 lb. 15 ounces. We wish you the best in life and may you enjoy many happy moments with your new baby boy. With love, from Larry, Dolores and Kerrianne. (Eastmain)

Congratulations to Arleen and Andrew George on the birth of their first baby girl on Jan. 28 1999. I aim are really happy for you guys in both deserve every happy moment with your bundle of Joy. From Mary Niquanicappo.

Our best wishes and congratulations going out to Rachel and in Montreal on the birth of her new baby girl on Jan. 16 1999. Hey, Rachel, give me a call, I want to see how you are and, of course, your new baby. Our love and prayers to you. From Deborah, Charlie and kids. (923-?450-call collect Soon!!) P.S. I have some news in I want to tell you!

101-BIRTHDAYS

Happy belated first birthday to our precious little boy a Quentin David Russell Jordy Martinhunter on January 5th. We thank God for giving us a sweet little boy to love. From mommy and daddy.



We would like to wish a happy birthday to Shawn Tomatuk on Feb. 5 1999, Roxanne P. on Feb. 7 1999, Matthew S. on Feb. 24 1999, Mary Jane S. on Feb. 26 1999, George S. on March 2 1999 Darryl on March 12 1999, Isaac on March 13 1999 and Christopher S. on March 19 1999. Hope you enjoy your birthdays. From Larry, Dolores and Kerrianne.

Happy first birthday to our lovely daughter,Kristy Lee Pearl Diamond on Jan. 21. She gave us so much love and happiness to our hearts. May God bless you and watch over you. Love always, Greda and Louie.

Birthday greetings to Kyle Napash on Feb 4 1999, Auntie Cecile on Feb. 15 1999, Grandpa Richard on Feb. 20 1999 and last two my friend in Romeo Napash on March 1 1999. Happy 8th to Kyle and happy 4th to Romeo. Love, Sebastien.

Happy belated birthday to Kelly Diamond (Wask.) happy 18th birthday son. I love you. His birthday was on Jan. 10. From mom Annie.

Happy birthday to Elvis on Jan. 12 1999. Happy birthday 2 U, happy birthday 2 U, happy birthday dear toto on January 1999. I don't remember the date. When can I see what again toto. I hope you have a great time. Bye! Until....

Birthday wishes going out to our daughter, Shawna on January 31st. She'll be celebrating her 18th birthday. You will always have a special place in our hearts a cousin God gave us a beautiful daughter to love on Jan. 31,1981. Love always, Mom and dad.

I want to wish my mom Rosalie Joyce A. happy birthday on Feb. 14 1999. Mom you mean so much to me because I feel especially blessed to have a mother as wonderful as you! Happy Valentine's Day! Love, Darian Royce.

Belated birthday greetings to my friend Pierrette P. Cooncome on January 11th 1999 in Mistissini. Friend always, Lorraine K. (Hull) P.S. Merry Christmas and a happy new year. Story I couldn't send you a Christmas card. I didn't know your address. Take care my friend.

On Feb. 1st 1999 its Claudine



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Kanatewat's birthday. Happy 20th birthday and many more years to come. Claudine, take good care of your daughter Tatiana and kiss and hug my adorable cute little niece for me. A gift to you from God. Don't forget I told you to take every month photo so I can see how she grown. I love you both! With love, sister Lorraine (Hull)

My... how time flies. Peter Brian Kanatewat will be turning 14 years old on Jan. 28 1999. Already you're going to confirmation classes and the following year your sister Marsha will be going. Happy 14th birthday and many more years to come. I hope your still playing hockey. Peter or Marsha kiss and hug Matthew for me. And take good care of him. I love you also much. With love, Aunt Lorraine K. (Hull)

I want to wish these people a happy birthday in Whap. Happy belated birthday tonight on Betsy Masty on Jan. 9 and to my brother-in-law Aaron Shem on Jan. 21. End to my loving grandmother who I miss so much. Her name is Phyllis Masty. Happy 68th birthday grandma. Take a rest on your birthday and trying not to baby sit your grandchildren on your special day. Take the day off (just kidding). Happy birthday Grandma. I love you and I miss so much. I'll come and visit soon. And I want to send early birthday wishes to my nephew Johnny John Fleming on Feb. 16. I hope you won't make your sisters and brothers cry. Try to be a good board on your birthday OK? Love you. And to the world's greatest mother-in-law Maggie Shem on February 25. Happy birthday. I'll be in the Bush on Feb. that's why I wrote you an early birthday wish. Hey Maggie Howell old are you. I hope you're not too old (just kidding) happy birthday. P.S. happy Valentine's Day on Feb. 14. From Jennifer M. Shecapio in Mistissini.

Happy birthday to Brother Michael Esau on Jan. 17. We are sorry that we couldn't do you anything on your birthday but we wish you the best and try to cut down on the booze. Take care of yourself and may God watch over you. With love, Emma and Sam Katapatuk. (Waskaganish, Quebec)

300-PERSONALS

Reunion 30-April 30, May 1. Philemon Wright High School is turning 30! Check out the events & register online: www.pwhs.com

A thousand hugs and kisses to my one and only valentine, Alex. And a belated happy birthday; I would have put in a message, but I fell on my head! ya tebe lublyu! R.

We would like to wish a happy Valentine's Day and happy 1st birthday to Jason Jr. Guanish on February 14th 1999. Although you are many miles away, we often think of you and we love you very much. Love always from your family in Kawawachikamach.

We would like to wish happy Valentine's Day and happy birthday to Willie Johnny Swappie on Feb. 14 1999. Have a wonderful birthday and many more to come. From your family in Kawawachikamach.

We would like to take this opportunity to thank the creator for blessing our lives with two precious children Tyrone and Robin Longchap whom we love with every beat of our hearts. Wishing you both a happy birthday on Feb. 9, 1999. As you blowout your candles on this God given day, we wish that your wishes may come true. Love, Mom and dad.

Jan. 20 is the day my grandmother Annie Snowboy left this world to be with our creator. She's sadly missed by family members. She's been gone for four years.

Happy St. Valentine's Day to my grandchildren in Eastmain. Geraldine Weap, Eliza, Sylvie, Virginia and Jessica Moses. I love you all in K. good care of yourselves. With love

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always grandma Clara Moses in Waskaganish.

Today the color of love is red, for roses and candles too. But in the reddest thing dear Grandpa, is the heart that beats for you! Happy Valentine's Day Joomshoom! Just seeing your smile right to the my days and there are no words that can describe how much you mean to me! I love you. With love, Naomi Bosum. (Ouje-Bougoumou)

Hey Terry Kitchen from Waswanipi, better watch out this Valentine's Day! I've got my arrow pointed straight at you! Happy Valentine's Day sweet face! From an admirer!

Lance Blacksmith in Waswanipi, you're sexy, Smart, thoughtful, witty, dynamic, generous, talented, and just plain incredible! Please say these words to me on Valentine's Day! From guess whom! You'll never guess...

My Aquarian, it's your birthday on the 10th and Valentine's Day on the 14th and I can't help wondering where the months have gone since the night we first met. The 12th of September, club L. Extase after midnight. On the special days, I can't help but remembering those days. Happy birthday and happy Valentine's Day to my Prince charming in Mistissini. (You know who you are) I know it's not always easy to keep in touch, but frankly my dear, I don't give a damn! From you know me!

I just want to wish a happy Valentine's Day to our friend of mine in Waskaganish. Only you will know you are. This friend doesn't like to be called "dear" every time I call and dear he tells me "don't call me dear" I'm not a reindeer" now, do you know who you are? I miss you very much, please, take care of yourself. I hope you know by now that you really are dear to my heart. From a friend in Chisasibi.

A special Valentine birthday greetings to a very special sister Rosalie Blackned. Wishing you rainbows and flowers for your birthday on Valentine's Day because this day should be extra special for a nice person like you. We love you! Have a happy birthday and happy Valentine's Day! Russell, Ramona, Andrea, Martina and Jennica Moar.

Francois, I honestly don't know if there's a day that goes by when I don't think you. I'm still so crazy for you man! Nothing will ever beat last year, when I cried overwhelming tears of Joy with you just holding me.

A special Valentine's Day greeting to my one and only Ms. Right-on, moye sonechko, Rhonda. Your smile is the sunshine in my every day. Our love will never stop growing. AR

Please take notice I Annette Julie Diamond residing at 63 Poplar street, Waswanipi, Quebec will present to the director de L'Etat civil a request to change the name of my daughter Meraya Sophie Diamond to Mariah Sophie Diamond. Waswanipi. 20th day of January, 1999.

To my girlfriend Annie Gunner in Nemaska. You are everything to me. Someone I can count on. Someone I believe in. Someone I love with all my heart. Each dream of mine begins and ends with loving the thought of you. You're the most important part of everything I do. You're on my mind and in my heart each moment of the day. And no one else in all the world could make me feel this way, but don't forget I always love you. Happy Valentine's Day and all my love, from your boyfriend Edward Jolly in Nemaska.

To a great basketball player, whom I admire the most. Those three-pointers did wonders. They even made my heart skip a beat. #23 written at the back of your head, what a gorgeous haircut. You look so adorable on the floor. Keep on playin, someday you might make it to the NBA. Not only are you talented, very handsome too!

To my love, CBW, I love you, always. REW

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on behalf of the Mistissini Hurricane Hockey Club.

We greatly appreciate the courtesy, generosity and support you have shown with your donations of the following :

1 set of hockey team jerseys and a jacket for the coach.

We thank you





Wachiya!

Cree Nation of Mistissini
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